



Red Deer Summer Class Schedule 2018

Description		Ages	Monday	Tuesday	Wednesday	Thursday	Friday		
Preschool Classes									
Tumbling Tots	Un-parented class designed to build the joy of movement through games and gymnastics circuits.	3-5 yrs	4:00-4:45	5:00-5:45			4:45-5:30		
Classes									
Beginner Basics	Focus on learning handstands, cartwheels and bridges.	6-18 yrs	10:45-11:30 5:30-6:15 7:30-8:15	5:30-6:15	9:15-10:00 5:00-5:45		5:45-6:30		
Advanced Basic	Focus on round off, walkovers & handstand. Prerequisites: cartwheel, fall to bridge & kick over	6-18 yrs	6:45-7:30	6:15-7:00	10:45-11:30 6:30-7:15		7:15-8:00		
Handsprings	Prerequisites: Unassisted handstands, cartwheels, round offs, back and front walkovers.	6-18 yrs	10:00-10:45 7:15-8:00	4:00-4:45 7:15-8:00	10:00-10:45 5:30-6:15		5:30-6:15		
Tucks and Layouts	Prerequisites: Well-executed standing triple back-handspring & round off handsprings.	6-18 yrs	4:30-5:15		4:00-4:45		4:00-4:45		
Cheer 101	Focus on fundamentals of cheerleading. Basic stunting and tumbling, jump technique, motions and dance. Great intro to cheerleading!	6-12yrs	4:45-5:30	7:00-7:45	4:45-5:30		6:30-7:15		
Stretch and Flexibility		6-12yrs		6:30-7:15			6:15-7:00		
Strength and Conditioning		6-12yrs	6:30-7:15		5:45-6:30				
Ninja Zone									
Ninja Zone	This class is designed for the inner ninja! It will focus on tumbling, flips, and lots of fun! Learn to move like a ninja and flip like a pro!	Lil Ninja 3-5 yrs	9:15-10:00 5:00-5:45	4:15-5:00					
		White 6-11yrs	11:30-12:15 5:45-6:30	4:45-5:30	11:30-12:15		5:00-5:45		
		Yellow 9-12yrs	4:15-5:00	5:45-6:30	4:15-5:00		7:00-7:45		
		Green 11-18yrs					4:15-5:00		
Open Gyms etc.									
Open Gym	Come in for extra practice under the supervision of a coach. No spotting provided	6+ yrs \$5/child				6:45-8:45			